REFERENCES

Text Books

- Basavanthappa B.T (1998). Nursing Research (1st edition.). New Delhi; Jaypee Brothers Medical Publishers.
- Gail W.S (2009). Principles and Practice of Psychiatric Nursing (9th edition.). Kundli; Rajkamal Electric Press.
- Kaplan and Sadock's (2008). Concise Textbook of Clinical Psychiatry. (3rd edition.). Philadelphia; Lippincott Williams and Wilkins.
- Lalitha K (2007). Mental Health and Psychiatric Nursing in an Indian Perspective (1st edition.). Bangalore;V.M.G Book House.
- Niraj Ahuja (2002). A Short Text Book of Psychiatry (5th edition.). New Delhi; Jaypee Brothers Medical Publishers.
- Polit D and Beck et al (2008). Essentials of Nursing Research, (8th edition.). Philadelphia; Lippincott Williams and Wilkins.
- Sundar R and Richard J (2006). Introduction to Biostatistics and Research Methods, (4th edition.)New Delhi; PHI learning pvt ltd.
- Polit D and Beck et al (2008). Essentials of Nursing Research, (10th edition.). Philadelphia; Lippincott Williams and Wilkins

Journals:

- Brona, K.(2010). Effects of Sudarshan Kriya Yoga in alcoholics. Indian Journal of Psychiatry.
- Brown,R.P.& Gerbarg, L.P. (2005). Sudarshan Kriya Yoga in the treatment of stress, depression, anxiety. The Journal of Alternative and complementary medicine.
- Doria, S. (2015). Anti-anxiety efficacy of Sudarshan Kriya Yoga in general anxiety disorder.
- Harvard health publications.(2004).Yoga for anxiety and depression.
- Hegde, J., & Shetty, T. (2005). Biological effects of Sudarshan Kriya Yoga in alcoholics.
- Janakiramaiah,N.et al.,(2000). Antidepressant efficacy of Sudarshan Kriya Yoga (SKY) in melancholia Journal of Affective disorders.

- Maharishi,V. (2007). A practice to yoga. Retrieved from open psychiatry journal website Mapici, A. (1999). Depression and anxiety among alcoholic dependents in Bakirkoy Research and training hospital at Mumbai. The journal of alcoholism.
- Punita, P. Madanmohan, T.,& Swaminathan, R.P., (2010).effect of Sudarshan Kriya Yoga therapy on anxiety in patients with alcohol addiction from JIPMER. Alternative Therapy and Health Medicine.
- Wetterling, T. Lange, W., & Junghanns, K, (2009). Efficacy of Sudarshan Kriya Yoga in anxiety disorders. Journal of affective disorders